



MyPyramid Audio Podcasts

Dietary Guidelines and MyPyramid

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion.

Dietary Guidelines for Americans, MyPyramid, food groups... what does this all mean? I'm your host, and I'll show you how to navigate through this government guidance and share tips on how to use it everyday.

So what are the Dietary Guidelines for Americans? They are the nation's nutrition guidance, updated every five years. The Dietary Guidelines explain how Americans can make good food choices to promote health and help reduce risks for major chronic diseases. MyPyramid promotes eating foods from the different food groups, and recommends being physically active. Because bodies and their needs change with age, gender, and physical activity level, MyPyramid gives personalized nutrition information. You can get your own nutritional information by visiting the MyPyramid.gov website. Web tools such as the Menu Planner can help you assess your food intake and physical activity, set goals, and plan meals.

So, join us next time as we share specific tips on eating right and being physically active. In the meantime, check us out at Mypyramid.gov to get your personalized guidance and start setting some goals. Until next time!